

# ORIENTEERING



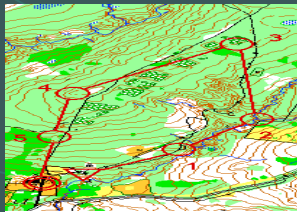


# **ORIENTEERING !**

**A GREAT ADDITION TO  
JROTC ACTIVITIES**

# ORIENTEERING, WHAT IS IT?

- Orienteering is a competitive outdoor activity using a map and compass to navigate to a series of control points. At each control point the competitor punches a control card.
- The individual or team visiting all the points in the fastest time is the winner.





# WHAT IS IT?

## CONTINUED

- Orienteering is not typical Military Land Navigation.
- However, it is not new to military training.
- I've had Army publications on Land Navigation and Orienteering for years.





# WHAT IS IT?

## CONTINUED

- The new Army JROTC curriculum textbooks are very good, particularly the Geography & Earth Science Unit with chapters on Maps, Land Nav and Orienteering.
- Some differences between Orienteering and Military Land Navigation are:
  - An "O" map is very detailed with a typical scale of 1:10,000 or 1:15,000
  - Orienteers use a Base Plate compass
  - The Military Grid System is not used in typical cross-country Orienteering.
- **Many of the skills required for Military Land Navigation are common to Orienteering.**

A vertical strip on the left side of the slide shows a portion of a topographic map, featuring contour lines, a yellow path, and various symbols.

# WHAT IS IT?

## CONTINUED

- Many of the skills developed in Military Land Navigation are common to Orienteering.
- There are some specialized Orienteering competitions that will include use of the Military Grid System, Aerial photos, Memory Legs, etc.

# WHO DOES ORIENTEERING?

- Orienteering is a sport with people of all ages and skill levels, competing in local, national and world-wide events.
- Orienteering is becoming very popular with JROTC units.
- There are local, regional and national orienteering competitions with competition categories specifically for JROTC.







The background of the slide is a dark teal color with faint, light blue topographic contour lines. On the left side, there is a vertical strip showing a more detailed topographic map with white and yellow contour lines and a yellow vertical line.

# IS ORIENTEERING DIFFICULT TO LEARN?

- This is not “Rocket Science.”
- Using basic compass & map skills, orienteering can be quickly learned.
- Calling on inherent judgment and experience, Instructors can quickly become “experts” and train the cadets.

# WHERE CAN I GET HELP?

- Surprise! Wealth of info on the internet!
- Local “O” clubs are anxious to help you!
- The United States Orienteering Federation (USOF) is a great resource.
- Many JROTC units you can work with.
- Refer to hand-outs.

# HOW LONG TO BECOME COMPETITIVE?

- Individual cadets and teams can become competitive in a short period of time.
- By conducting or attending just a few hours of training and a couple of local competitions the cadets can be bringing home orienteering medals!
- Reaching a competitive level comes much quicker than that of a drill team



# IT TAKES A LOT OF CADETS, RIGHT?

- On the contrary, you can compete as a team with as few as 3 cadets.
- At national competitions you may be limited to two, 4 or 5-person teams.
- At local events, usually there is no limit on the number of teams.
- At most events your cadets can compete both as individuals and as teams.

# WHY SHOULD I START ORIENTEERING IN MY UNIT?

- Orienteering fits perfectly into the leadership and academic goals of the curriculum.
  - Particularly in geography, math, and science.
- Alternative cadet activity to Drill Team.
- Cadets develop critical thinking skills.
- Builds teamwork.

# WHY SHOULD I

## CONTINUED

- Increases physical fitness.
- No special uniforms required.
- Develops navigation and map reading skills.
- Unlike drill competitions, instructors have an option of competing with the cadets.
- Can be used as a fund raiser.
- It is **FUN!**



# SO, WHAT WILL THIS COST?

- The cost is low. With as little as a few compasses you can start your training and enter competitions.
- However, we recommend that you buy a compass instructional kit (30 compasses), control markers, punches, and control cards.
- This will cost less than \$350.

A photograph of an orienteering control card. It is a white card with a grid of numbers and text. The text includes "ORIENTEERING, INC.", "NAME", "DATE or DAY", "CATEGORY", "COURSE", "FINISH", "CLUB", "START", "TEAM", "TIME", "EMERGENCY CONTACT", "NAME", "CATEGORY", "COURSE", "CONTROL", "PUNCHES (1-10)", "MARK 1", "MARK 2", "CONTROL". The grid contains numbers 1 through 30, arranged in a 5x6 pattern. The card is used to record the results of an orienteering competition.

# COMPETITIONS



# TELL ME ABOUT COMPETITIONS

- Most competitions are hosted by local orienteering clubs and are open to both club members and non-members.
- The clubs have web sites that list their competition schedules, fees, directions to event, etc. (See hand-out for web site info).
- There is usually a charge of \$2-\$5 per map. A team of two cadets would use one map.



# COMPETITIONS

## CONTINUED

- Many clubs offer “Group” memberships to JROTC units.
- For example, the Louisville Orienteering Club offers a group membership to JROTC units for \$20.
- With this membership, each cadet saves \$1 off the entry fee at competitions.

# COMPETITIONS

## CONTINUED

- There are several courses at a competition based on difficulty and distance covered.
- The courses are identified by color. From easiest to most difficult these courses are: Yellow, Orange, Brown, Green, Red, and Blue.
- JROTC cadets typically compete on the Yellow, Orange, Brown, or Green course.

# COMPETITIONS

## CONTINUED

- Yellow Course, beginner difficulty
  - 3-5 K, 30-45 minute winning time
- Orange Course, intermediate difficulty
  - 4.5-7 K, 50-55 minute winning time
- Brown & Green Courses advanced difficulty
  - Brown, 4-5 K, 45-50 minute winning time
  - Green, 4-7 K, 50-55 minute winning time

# COMPETITIONS

## CONTINUED

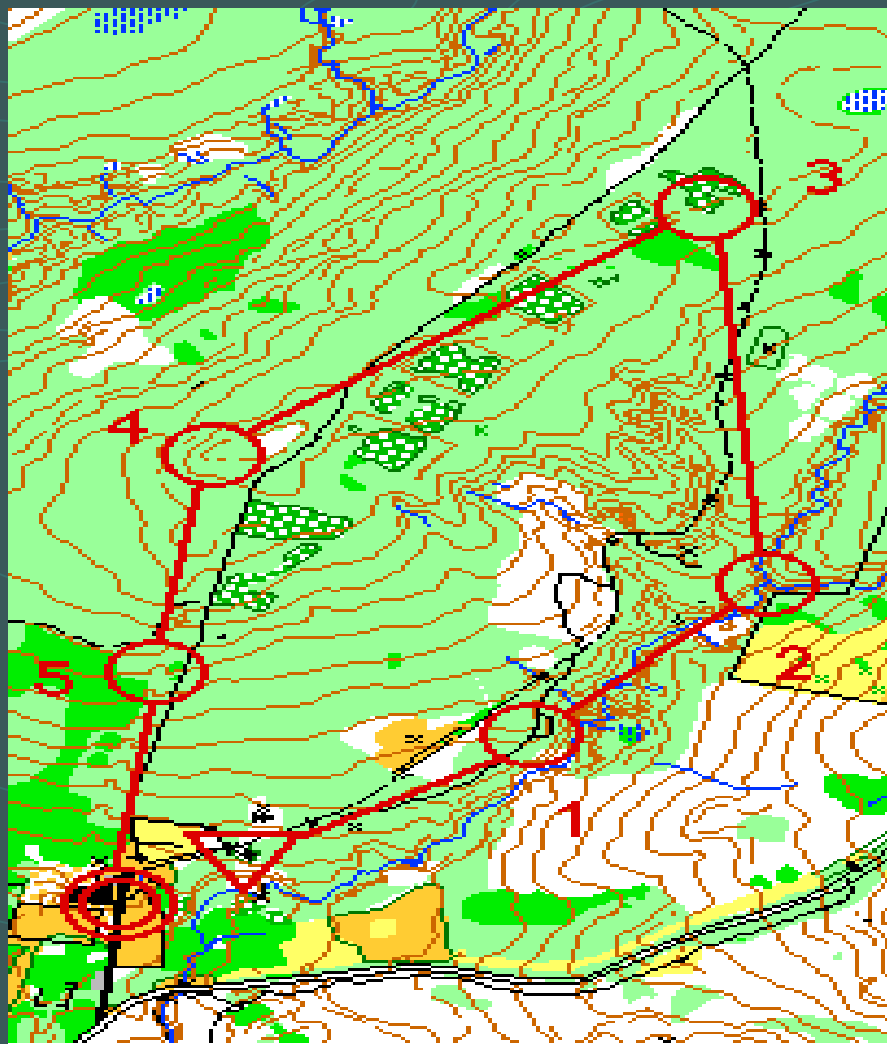
- There is usually a short training session before each competition .
- You sign in, pay the entry fee and get a map and a clue sheet (tells you what to look for at each control point).
- From a master map you copy the control points to your map, and determine your route to each control point.



# ORIENTEERING COMPASS



# ORIENTEERING MAP



# WE CAN FIGURE THIS OUT!



# COMPETITIONS

## CONTINUED

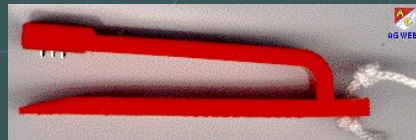
- You then go to the start point where competitors are started at 3 minute intervals.
- There is usually a 3 hour time limit.
- You get to pick your own route to the control points, but you must go to each control in a numerical sequence.
- You may pass or be passed by others as you proceed along the course.




# COMPETITIONS

# CONTINUED

- As you reach each control point, identified by an orange and white marker, you will use the plastic punch hanging with the marker, to punch your control card.
- The punch makes a unique pin pattern on your control card. This proves that you were actually at the control point.



10-10-10  UNITED STATES COAST GUARD AUXILIARY 1000 14th Street, N.E. Washington, D.C. 20002-4242 (202) 372-2144	NAME _____	DATE OF BIRTH _____
	CALL SIGN _____	COUNTRY _____
CLASS _____	PERIOD _____	
TEAM _____	THREAT _____	

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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NAME _____	COAST GUARD _____
UNIT _____	POSITION NUMBER _____

COMMITTEE MEMBERS AND STAFF OF THE U.S. COAST GUARD AUXILIARY  
 ALL-TO-LEARN NO. \_\_\_\_\_  
 REFERENCE NO. \_\_\_\_\_  
 RETURNING NO. \_\_\_\_\_

# CONTROL FLAG & CONTROL CARD



6	5	4	3	2	1
12	11	10	9	8	7
18	17	16	15	14	13
Punch patterns		22	21	20	19

# COMPETITIONS

## CONTINUED

- When you reach the finish point you will turn in your control card to the finisher.
- The finisher will record your time and check your control card against a pre-punched master.
- The individual or team with the fastest time visiting all the control points, wins.

# SO, HOW DOES THE TEAM CONCEPT

## WORK?

- Usually 3-5 person teams
  - Each team member runs course individually.
- The team score is computed by adding the times of the fastest three finishers on the team.
- Fastest team wins.
- Each team member also competes for individual awards.



# WINNERS?



# COMPETITION VARIATIONS

● We have discussed the Cross Country orienteering competition. There are several other types of orienteering competitions.

- Score "O"
- Billy Goat
- ROGAINE
- Extreme "O"



# SCORE "O"

- A large number of control points are set out in the competition area.
- There is usually a mass start.
- The controls are assigned a point value based on the difficulty to locate, the terrain, and distance from the start.
- The individual or team accumulating the most points in a given time, wins.

The background of the slide is a topographic map with contour lines. On the left side, there is a vertical strip showing a more detailed map section with a yellow line, possibly a trail or road. The main area has dark green and blue tones with white contour lines.

# BILLY GOAT

- Similar to a Cross Country orienteering event, but held in very hilly terrain.
- Mass start
- Competitors may “drop” one control.
- Following is allowed



# ROGAINE

- Nothing to do with hair loss.
- Term comes from the combination of the names of the originators.
- However some think it is an acronym for
  - Rugged Outdoor Group Activity Involving Navigation & Endurance.
- Similar to Score "O"

# ROGAINE

## CONTINUED

- Usually two-person teams with a time limit of 6, 8, 10, 12, or 24 hours.
- Very physically demanding event.
- Requires more critical thinking to plan. Must take into consideration the control point value, and time to travel to each control point while allowing time to eat and rest.

# EXTREME “O”

- Georgia Club hosts Extreme O each January
- Based on Cross Country type orienteering
- Many “Challenges” and “Obstacles” requiring teamwork and problem solving to complete course
  - Teams of two or more orienteers
  - Memory, Military Grid, and Aerial Photo Legs
  - Water Crossings (over, under, and in)

# JROTC INVOLVEMENT

- Many JROTC & college ROTC units host orienteering competitions just for JROTC.
- For example, there is a JROTC event held each year in the Cincinnati area.
- Two Kentucky AFJROTC units co-host a competition each Spring at Hoosier National Forest.



# JROTC

## CONTINUED

- Middle Tennessee State U. hosts a JROTC Score "O" competition each Spring near Nashville.
- The Georgia Orienteering Club hosts a national competition each January over the Martin Luther King three-day weekend. This includes a separate category for JROTC.

# JROTC

## CONTINUED

- Each year there is a National Interscholastic Championship competition.
- JROTC cadets compete for both, the National JROTC Championship and the National High School Championship.
- Awards are given in individual and team categories.

# JROTC

## CONTINUED

- Louisville Orienteering Club hosts a Kentucky/Indiana Regional Interscholastic Championship competition. There is a special category just for JROTC
- Kansas City Club has a JROTC Orienteering League.
- A JROTC unit in Texas has an Orienteering Summer Camp.
- GAOC hosts a Fall Orienteering Camp

# JROTC

## CONTINUED

- Some units are incorporating orienteering into their Field Training Exercises as a substitute for the traditional land navigation training.
- The Kentucky Summer Leadership School is using orienteering as a method of teaching land navigation and to develop teamwork and leadership.



# HOW LONG WILL IT TAKE?

- Of course, student/instructor dependent.
- Given a reasonable amount of training, should be competitive in the first season.
- In their second and third year, KY-071 placed 6th and 5th respectively in the National High School Championship.
- KY-961 was a consistent winner, the first year and 11th nationally the second year.

# I'M INTERESTED, WHAT NOW?

- Take the initiative. Training and consistent participation in competitions are keys.
- Contact a local Orienteering Club and ask for assistance.
- Give a couple of your top cadets some basic training then take them to a local event.
- If they like it, invest in some equipment and get the ball rolling!

# THE END

